



Do You Use Work-Arounds or Food Hacks to Help You Swallow?

If you

- ▶ Only eat small meals
- ▶ Avoid foods that are hard, lumpy, or tough to swallow
- ▶ Chew and chew and chew
- ▶ Eat very slowly
- ▶ Cut your food into very small pieces
- ▶ Don't like to try new foods:
 - Drown your food in sauce to help it slide down
 - Drink a lot of water with each bite
 - Eat a lot of blended or pureed foods
 - Avoid social settings where food is served
 - Eat before going to social meals or events so you don't feel awkward eating

If you have a child who

- ▶ Needs to be reminded to chew more
- ▶ Would rather drink than eat solid foods
- ▶ Is a picky eater
- ▶ Keeps food in his or her mouth for a long time
- ▶ Spits food out
- ▶ Frequently leaves the table and then comes back
- ▶ Has a tough time going from baby food to solid food

YOU OR YOUR CHILD MIGHT HAVE EOSINOPHILIC ESOPHAGITIS [EE-OH-SIN-UH-FILL-IC EE-SOF-UH-JIE-TIS] OR EOE.

When children and adults have EoE, they find clever ways to eat.

But these hacks won't fix the problem. They only help cover it up. Most children and adults with EoE have trouble swallowing. While you're eating you might:

- ▶ Cough a lot
- ▶ Choke
- ▶ Throw up
- ▶ Have food "go down the wrong pipe"
- ▶ Have extra saliva or drooling
- ▶ Feel that food gets stuck
- ▶ Feel anxious or scared

IF THIS SOUNDS LIKE YOU OR YOUR CHILD, TELL YOUR HEALTH CARE PROVIDER. THERE ARE DIETS AND MEDICINES THAT CAN HELP.

**ENJOY EATING. ENJOY FOOD.
ENJOY BEING WITH FAMILY AND FRIENDS.**